

# May

# 2021



# THRIVE

## Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Caring for the Caregiver 10:30am-12:00pm	5	6	7 Trauma Support Group <u>10am-11:30am</u> Thriving with Peers 12pm-1pm	8 Breaking Bad Habits 11:30am-1:00pm
9	10 Coping with Depression <u>10:30am-12:00pm</u>	11 How to Get a Restful Sleep <u>10:30am-12:00pm</u> Taming Anger 1:30pm-3:00pm	12 Coping with Depression <u>10:30am-12:00pm</u> Coping with Anxiety 1:30pm-3:00pm	13 Taming Anger <u>1:30pm-3:00pm</u>	14 Trauma Support Group <u>10am-11:30am</u> Thriving with Peers <u>12pm-1pm</u> Coping with Anxiety 1:30pm-3:00pm	15 Breaking Bad Habits 11:30am-1:00pm
16	17 Coping with Depression <u>10:30am-12:00pm</u>	18 How to Get a Restful Sleep <u>10:30am-12:00pm</u> Taming Anger 1:30pm-3:00pm	19 Coping with Depression <u>10:30am-12:00pm</u> Coping with Anxiety 1:30pm-3:00pm	20 Taming Anger <u>1:30pm-3:00pm</u>	21 Trauma Support Group <u>10am-11:30pm</u> Coping with Anxiety 1:30pm-3:00pm	22 Breaking Bad Habits 11:30am-1:00pm
23 <b>VICTORIA DAY NO CLASSES</b>	24	25 Caring for the Caregiver <u>10:30am-12:00pm</u> Taming Anger 1:30pm-3:00pm	26 Coping with Anxiety 1:30pm-3:00pm	27 Taming Anger <u>1:30pm-3:00pm</u>	28 Trauma Support Group <u>10am-11:30am</u> Thriving with Peers 12pm-1pm	29
30	31					